

ABSTRACT

The present invention provides an oil-in-water type emulsion for light-exposing food having photodegradation-resistance, which has good taste and flavor with less deterioration such as off-taste and off-flavor even when irradiating light from a fluorescent lamp, etc. The first embodiment thereof is an oil-in-water type emulsion for light-exposing food containing fat and nonfat milk solids, wherein the fat is non-milk fat, or non-milk fat and milk fat, and the non-milk fat has such a constituent fatty acid composition that the total amount of lauric acid and palmitic acid is not less than 40%, the total amount of oleic acid, linoleic acid and linolenic acid is not more than 50% and the total amount of linoleic acid and linolenic acid is not more than 5%; and the ratio of milk fat/total fat is not more than 0.95. The second embodiment thereof is a nonfat milk solid-containing oil-in-water type emulsion for light-exposing food, which is the same as the emulsion of the first embodiment and the fat is non-milk fat having the above constituent fatty acid composition.